

What does the course cover?

- Fatigue management
- Nutrition
- Depression management
- Communication
- Exercise
- Pain Management
- Breathing
- Medication Management
- Emotion control (fear, anger, frustration)
- Relaxation techniques
- Planning your future.



health • care • people

Interested?

For information about **Chronic Disease Self Management** or to book for the next course in your area please contact:

Central Intake Officer

Phone 3290 8900



**Courses may be held at
Community Health Centres at:**

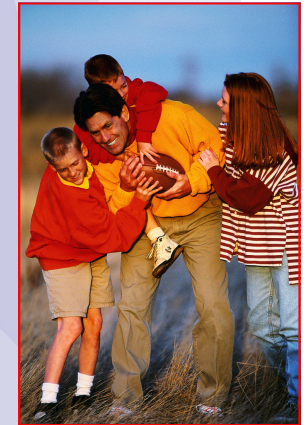
- **Logan Central**
- **Beenleigh**
- **Beaudesert**
- **Browns Plains**
- **Or at other venues as required.**

The Chronic Disease Self-Management program was developed by the Stanford Patient Education Research Centre, USA.



09/2009

Chronic Disease Self-Management Course



**Queensland Health
Community Health Centres
at
Beenleigh
Logan Central
Beaudesert
Browns Plains**


**Queensland
Government
Metro South Health Service District**

Chronic Disease Self-Management Course

What is an acute illness?

- It begins suddenly
- It usually lasts a short time and you get better

What is chronic disease?

- It is a long term disease that affects your lifestyle
- There is no cure for chronic disease. It can only be managed over time
- Chronic illnesses can have many causes.

These can be:

1. Family history (your mother had a heart attack), so your risk is greater
2. Lifestyle factors (you smoke, do not exercise regularly, poor diet, high stress)
3. Existing diseases that can lead to other diseases (diabetes is a risk factor for a heart attack or severe arthritis can lead to chronic pain).

What chronic diseases has this course been designed for?

- Heart disease
- Arthritis
- Diabetes
- Asthma
- Stroke
- Cancer
- Chronic pain
- Other diseases

What is self-management?

It is the ability to manage your own chronic disease in a positive way.

Why is self-management good?

- YOU are in control
- YOU know what is best for you
- YOU benefit best from self-management of your disease.

Why is it good to self-manage

- ✓ Improved quality of life: you can live a more comfortable and full life
- ✓ Less fatigue
- ✓ Less depression
- ✓ Get more out of life and achieve your personal goals
- ✓ More opportunities for an enjoyable social life
- ✓ Manage your day to day tasks better
- ✓ Better chance of employment
- ✓ Become more aware of services in your community
- ✓ Take control of your life

Why is it good to learn about self-management as a group?

- ✓ People with chronic diseases can share common problems. These can be fear, frustration, anger, depression, fatigue and pain.
- ✓ You may be able to help someone else solve their problems by sharing your own hard-earned solutions.
- ✓ Other people can offer good practical advice based on their own experiences.
- ✓ Many heads are better than one at problem solving.

What does the course teach you?

- ☺ How to identify your problems.
- ☺ How to come up with a solution to your problems.
- ☺ How to put your solution into action.
- ☺ How to self-manage your problems (fear, frustration, anger, depression, fatigue, pain etc).
- ☺ How to set goals to achieve in life.